

**NWT CROSS COUNTRY CHAMPIONSHIPS 2022 – FORT PROVIDENCE NWT
OCTOBER 6, 2022 – SCHEDULE OF EVENTS**

Time	Event	Comments
10:45 AM	Team Registration Starts in the community hall (aim to arrive any time between 10:45 and 11:30)	Coaches (or parents) bring each participants' release form to the registration table. Participants wait in the arena if another adult is available to supervise.
11:30 AM	Coaches Meeting	An announcement will be made for the coaches' meeting. It will be in the community hall (next to the arena). This is for all coaches (one per team is fine) and parents who brought their children independently. Please leave at least one adult with your team to supervise.
1:00 PM	<p><u>Races Begin</u> - Ensure that your runners are ready for the following times, keeping in mind it takes about 10min to get to the start.</p> <p><u>At the Finish</u> – Runners must return their bibs before leaving the finish area.</p>	<p><u>Order of Races:</u></p> <p>1:01pm U6 Boys, U6 Girls (1km) 1:05pm U8 Boys (1.5km) 1:08pm U8 Girls (1.5km) 1:13pm U10 Boys (2km) 1:20pm U10 Girls (2km) 1:27pm U12 Boys (2km) 1:30pm U12 Girls (2km) 1:33pm Senior Men, Senior Women (7km) 1:33pm U18 Boys (5km) 1:37pm U18 Girls (5km) 1:37pm U16 Girls (4.5km) 1:40pm U16 Boys (4.5km) 1:44pm U14 Boys (3.5km) 1:47pm U14 Girls (3.5km)</p>
12:00 to 2:30 pm	Lunch	Lunch will be served in the community hall on a continuous basis. A schedule will be available. Please have them return to the arena when they are done eating.
3:00 pm (or as soon as all races are complete and results are tallied)	Medal and Banner Presentations	Medals presented in front of the arena, beginning with youngest age category and working up to the seniors. Team banner for aggregate winner will be announced. (Points will be awarded for top 10 placings. Teams must have at least 5 participants to qualify for aggregate winner.)
3:30 PM	Closing Remarks and Event Conclusion	Thank you for coming!!